



Taste & Technology

T-Bone Steak with Pepper SV

Recipe number:

04.10.028

Starting material:

1000 g Beef - T-Bone

Seasonings & additives:

100 g LAFINESS 4 Pepper Premium SG 807850

Processing procedure:

Marinate the steak in the marinade.
Place in the shrink bag, vacuum seal and cook.

Art. No.: 990551 shrink bag 250x450

Preparation:

Cook in a water bath at +54°C for 2 hours.
The product will then be medium rare.
Remove the cooked steak from the bag and sear on a BBQ until a brown crust forms on both sides.

EU Food Information Regulation:

Beef, rapeseed kernel oil, seasoning, sea salt, palm fat, table salt, tomato powder, sugar, spice extracts

Analysis:

Calorific value KJ	868 KJ
Calorific value Kcal	208 Kcal
Fat	14.0 g
Saturated fatty acids	4.3 g
Carbohydrates	0.8 g
Sugar	0.4 g
Protein	19.7 g
Sodium	0.6 g
Salt	1.4 g